





GUARDIAN REVIVAL

# G-CONNECT AUGUST CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 G Veterans	5 E Another Summit Women Guardians Hike
6	7	8	9 E Art Workshop	10 E Renegades Game	11 G Veterans	12
13	14 G First Responders	15 E Writing Workshop	16	17	18 G Veterans	19
20 E Horsemanship Workshop	21	22 G Women Guardian	23	24 E American Military History Series	25 E iRest Meditation G Veterans	26 E Yoga E Renegades Game
27	28 G First Responders	29	30	31		

## E G-CONNECT EXPERIENCES

Opportunities for recreation, learning, discussion, and connection.

**ANOTHER SUMMIT WOMEN GUARDIANS HIKE**  
Sat 8/5  
@ Blue Mountain Pond

**ART WORKSHOP**  
Wed 8/9 @ Carmel

**RENEGADES GAME**  
Thur 8/10 & Sat 8/26  
@ Dutchess Stadium

**WRITING WORKSHOP**  
Tues 8/15 via Zoom & in-person  
@ Mahopac Library

**HORSEMANSHIP WORKSHOP**  
Sun 8/20  
@ Dover Plains

**AMERICAN MILITARY HISTORY SERIES**  
Thurs 8/24  
@ Beacon VMB

**IREST MEDITATION**  
Thurs 8/25  
@ Beacon VMB

**YOGA**  
Thurs 8/26  
@ Beacon VMB

## G G-CONNECT GATHERINGS

Peer support - by guardians, for guardians, with guardians.

**VETERANS (VET2VET)**  
Fridays via Zoom

**FIRST RESPONDERS (FIRST LINE)**  
Mon 8/14 via Zoom  
Mon 8/28 @ Carmel

**WOMEN GUARDIANS**  
Tue 8/22 via Zoom



**RSVP**  
[qrco.de/gc-cal](http://qrco.de/gc-cal)



# EMPOWER ENABLE ELEVATE

VCP optimizes the transition experience by preparing our nation's service members to **empower**, **enable**, and **elevate** their lives.

## WHO WE ARE

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Veterans Coaching Project is the premier empowerment program for America's Service Members and their spouses who have served honorably in the US Armed Forces.

## WHAT WE DO

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VCP is designed to provide best-in-class coaching services to veterans and their spouses. Coaches and veteran clients work together to strengthen skills, broaden perspectives, and enhance preparedness as they pursue the next chapter of their lives.

## BENEFITS



### 1-ON-1 COACHING SESSIONS

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Veterans receive **6-8 personalized coaching sessions** tailored to their goals. Sessions are virtual, so veterans can meet with our highly-trained coaches from wherever they reside.



### LIFETIME ACCESS TO RESOURCES

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Veterans gain lifetime access to our network of certified coaches and career resources through **VCP Advantage**, our digital platform.



### FREE OF CHARGE

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VCP's vision is to enable every veteran to control their own destiny!

## GET IN TOUCH

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Email us at [veteranscoachingproject@gmail.com](mailto:veteranscoachingproject@gmail.com) for more information!

# ONE MILE CHALLENGE

30 days. 30 miles. 1 mission.

For all 30 days in September, participants walk, run, or roll for one mile every day.

## The One Mile Challenge

**Join Guardian Revival during the month of September  
(Suicide Awareness Month)**

**to raise funds & awareness**

**to reduce veteran & first responder suicide through  
the One Mile Challenge.**

**SCAN THE QR CODE**

**For more info and to sign up.**

To everyone out there if I can do this so can you. I took part in this last year. I do not have a team (not sure how to make a team) but if you want to support me please do!

Karl

